

# YOUR HEALTH & WELL BEING



## *HealthQuotient™ Health Risk Assessment* Get Informed, Then Get Control

You're ready to make a commitment to better health. But first, you need to better understand your personal health situation. Are there specific factors that contribute to your health? Are they hereditary? Are they controllable? Is there a healthy living plan out there that meets your unique needs?

If you're asking these questions, then you're ready to take WebMD's HealthQuotient™ Health Risk Assessment -- a personal health management tool available to you

on myCIGNA.com. And through the assessment, you'll learn what you need to get better control of your health and well-being.

*Using a brief online questionnaire, HealthQuotient can help you:*

- Identify and monitor your personal health status;
- Find out how social, environmental and family history may affect your health and well-being;
- Learn more about preventive care; and
- Be better prepared to have a discussion with your doctor.

The Health Quotient Health Risk Assessment is just one of many tools CIGNA HealthCare offers on myCIGNA.com to help you make the most of the time you spend planning, managing and understanding your health benefits.



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*A Business of Caring.*

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